

ÉCOLE SIR WILLIAM OSLER

1600, avenue Grant, Winnipeg, Manitoba, R3N 0M5

Phone: 204-488-3569 Fax: 204-488-1441

Directrice/Principal: Mme Dominique Ostermann



Physical Education Course Outline

Activity	Skill focus	Grades	dates
Warmups Outdoor games	Fair play & cooperation	k-6	September
CO-OP games and Tag Games	Fair Play & Participation	3-6	September
Tag games	Space/body awareness & transport skills	k-2	September
Relays/Fitness Testing	Fitness management	k-6	September
Badminton	Raquet skills (backhand, forehand, serving)	3-6	October
Striking	Explore basic movement skills (striking with implement)	k-2	October
Volleyball	Demonstrate functional movement skills (Bumping & Volleying)	3-6	October
Throwing & Catching	Explore basic manipulation skills (Underhand, overhand throwing, absorption of force)	k-2	October
LOG net/wall games	Review of manipulation skills & strategizing/ teamwork	k-6	November
Soccer	Show an understanding of fundamental rules used in individual or team games	k-6	November
Winter Games	Fair Play/ Strategy	k-6	December

Dodgeball	Fair play & participation	3-6	December
Tag games	Transport skills & space awareness	k-2	December
Floor Hockey	Fair Play & striking	3-6	January
Scooter floor Hockey	Fair Play & Participation	k-3	January
Fitness	Fitness Management- predicting HR	k-6	January
Ultimate Frisbee	Manipulation skills	4-6	February
Basketball	Bouncing, passing shooting	k-6	February
Dance and Dance Games	Rhythmic and movement skills	k-6	March
Jump Rope	Movement skills	4-6	March
Soccer/soccer baseball	Rules in team games 4-6 Offensive/defensive	k-6	April
Rolling	Basic movement skills	k-3	April
LOGS	Cooperation and fun	k-6	May
Kicking/Dodgeball/ tag games	Fair Play and participation	k-6	June
Baseball/Backyard Games	Technique & fair play	3-6	June

More Sports to be added throughout the year for grades 4-6 when equipment becomes available: Tennis, Lacrosse, Disc Golf, Skiing/Snowshoes, Spike ball, Bocce Ball, Broom Ball.